

Crispy Baked Chicken

Makes: 4 Servings

A mixture of crushed cereal covers the chicken to make it crispy. Serve hot with rice or with pasta and vegetables.

Ingredients

1 pound chicken breasts (thawed, and skin removed from each piece)
3 cups rice cereal (crushed equal about 3/4 cup)
1/3 cup cheese (such as cheddar, shredded, can also use low-fat cheese blend slices, cut into small pieces)
2 eggs
1/3 cup low-fat milk
1/3 cup flour
dried thyme (1/2 teaspoon, if you like)
dried basil (1 teaspoon, if you like)
pepper to taste

Directions

1. Combine rice cereal and cheese in a shallow pan or plate. Set aside.
2. In a small mixing bowl, beat egg and milk slightly.
3. Add flour. If using thyme and basil, add that too. Mix ingredients until smooth.
4. Dip chicken pieces in batter.
5. Cover entire pieces of chicken with cereal mixture.
6. Place in single layer in shallow baking pan coated with nonstick cooking spray.
7. Bake for one hour. Insert a thermometer into the thickest part of the chicken not touching the bone. Chicken is safe

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	360	
Total Fat	13 g	
Protein	32 g	
Carbohydrates	27 g	
Dietary Fiber	1 g	
Saturated Fat	5 g	
Sodium	320 mg	

to eat when temperature reaches 165 degrees F for 15 seconds.

8. Do not cover pan or turn chicken while baking.

Notes

Tip: Serve hot with rice or pasta and vegetables.

Recipe adapted from Alaska WIC Family Meals Cookbook